



## **News Release**

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### **Hispanic/Latinos At High Risk For Diabetes**

(Salt Lake City, UT) – Hispanic/Latinos are much more likely to get type 2 diabetes than non-Hispanic/Latinos but they can help lower their risk of diabetes and diabetes problems by learning the risk factors and ways to prevent the illness, according to the Utah Department of Health (UDOH) Diabetes Prevention and Control Program (DPCP).

The major risk factors for diabetes are:

- Family history of diabetes
- Physical inactivity
- Overweight
- 45 years of age or older
- African American, Hispanic/Latino, Asian, Pacific Islander or Native American descent
- For women, having gestational diabetes or a baby weighing more than nine pounds at birth

Type 2 diabetes is the most common type of diabetes and is usually found in older adults, but it can also affect younger children. This type of diabetes occurs when the body does not make enough insulin, or cannot use the insulin it does make.

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"It is still not known why Hispanic/Latinos are at a high risk for diabetes," said Nancy Neff, Director, DPCP, UDOH. "We encourage Hispanic/Latinos to learn the risk factors of diabetes and take positive steps to prevent it if they are at risk."

The UDOH estimates nearly one-third of all Utahns with diabetes are unaware they have the disease. Undiagnosed and untreated diabetes can lead to serious problems such as blindness, lower limb amputation, kidney failure, heart disease, stroke and premature death.

Neff says the UDOH wants people to recognize the symptoms of diabetes. Common diabetes symptoms are blurred vision, sores that are slow to heal, tingling or numbness in the hands or feet, feeling tired most of the time, very dry skin, excessive thirst and frequent urination.

The UDOH recommends that anyone who has any of these symptoms or has more than two risk factors get a diabetes test. All Utahns should also follow these prevention steps:

- 1) Begin or increase being physically active most days of the week
- 2) Eat healthy and work on reaching or maintaining a healthy weight
- 3) Find and treat diabetes early to slow the risk of future diabetes problems

For more diabetes information, recipes and a list of free or low-cost screening locations in your area, call the UDOH Health Resource Line at 1-888-222-2542. Spanish translators can assist you. You may also visit [www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes).

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*The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyle.*